



## EQUIPPED #3 – EQUIPPED WITH PRAYER

Ephesians 6:13-20

Call Study – Jason Park

<sup>13</sup> Therefore, put on every piece of God’s armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. <sup>14</sup> Stand your ground, putting on the belt of truth and the body armor of God’s righteousness. <sup>15</sup> For shoes, put on the peace that comes from the Good News so that you will be fully prepared. <sup>16</sup> In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. <sup>17</sup> Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.

<sup>18</sup> Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere. <sup>19</sup> And pray for me, too. Ask God to give me the right words so I can boldly explain God’s mysterious plan that the Good News is for Jews and Gentiles alike. <sup>20</sup> I am in chains now, still preaching this message as God’s ambassador. So pray that I will keep on speaking boldly for him, as I should. **Ephesians 6:13-20**

### THE POSTURE OF PRAYER

*“Our own ultimate position as Christians is tested by the character of our prayer life.”* Martyn Lloyd-Jones

### FREQUENCY OF PRAYER

“All times.”

### PRAYER SHOULD BE A REFLEX

<sup>16</sup> Always be joyful. <sup>17</sup> Never stop praying. <sup>18</sup> Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus. **1. Thes. 5:16-18**

Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God’s right hand. **Col. 3:1**

But when Daniel learned that the law had been signed, he went home and knelt down as usual in his upstairs room, with its windows open toward Jerusalem. He prayed three times a day, just as he had always done, giving thanks to his God. **Daniel 6:10**

### POWER OF PRAYER

And the Holy Spirit helps us in our weakness. For example, we don’t know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. **Romans 8:26**

<sup>15</sup> So be careful how you live. Don’t live like fools, but like those who are wise. <sup>16</sup> Make the most of every opportunity in these evil days. <sup>17</sup> Don’t act thoughtlessly, but understand what the Lord wants you to do. <sup>18</sup> Don’t be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit, <sup>19</sup> singing psalms and hymns and spiritual songs among yourselves, and making music to the Lord in your hearts. <sup>20</sup> And give thanks for everything to God the Father in the name of our Lord Jesus Christ. **Ephesians 5:15-20**

## PURPOSE OF PRAYER

### OUR PRAYER = PREPARED

Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!"  
**Matt. 26:41**

<sup>34</sup> "Watch out! Don't let your hearts be dulled by carousing and drunkenness, and by the worries of this life. Don't let that day catch you unaware, <sup>35</sup> like a trap. For that day will come upon everyone living on the earth. <sup>36</sup> Keep alert at all times. And pray that you might be strong enough to escape these coming horrors and stand before the Son of Man." **Luke 21:34-36**

### OUR PRAYER = FOR OTHERS

I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf and give thanks for them. <sup>2</sup> Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity. <sup>3</sup> This is good and pleases God our Savior, **2 Timothy 2:1-3**

### OUR PRAYER = OUR PEACE

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. <sup>7</sup> Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. **Philippians 4:6-7**

### OUR PRAYER = HIS PRESENCE

<sup>3-4</sup> We saw it, we heard it, and now we're telling you so you can experience it along with us, this experience of communion with the Father and his Son, Jesus Christ. Our motive for writing is simply this: We want you to enjoy this, too. Your joy will double our joy! **1 John 1:3-4 MSG**

### DISCUSSION QUESTIONS:

What was a prayer that was answered this year?

What is your advice on maintaining a posture of prayer?

How do you "pray in the Spirit?"

What is a BIG ASK on your prayer list?

Who is at the top of your prayer list?